

2 Ingredient Air Fryer Fried Chicken

Fried chicken is one of those dishes that everyone seems to love. But who has time to stand over a hot stove frying chicken? Not me, that's for sure! That's why I was so excited when I discovered you could make delicious fried chicken in the air fryer using just two ingredients.



PREP TIME

3 mins

COOK TIME

25 mins

TOTAL TIME

28 mins



COURSE

Main Course

CUISINE

American

SERVINGS

3 people

CALORIES

412 kcal



EQUIPMENT

- Air Fryer

INGREDIENTS

- 5 Chicken thighs
- ½ cup Seasoned fried chicken flour (dry)
- Spray oil

INSTRUCTIONS

1. Preheat your air fryer to 380 degrees F.
2. Place the chicken in a bowl, pierce it with a sharp knife (so the seasoning can penetrate) and add the fried chicken flour. Mix until the chicken is evenly coated.
3. Spray with spray oil.
4. Place the chicken into the air fryer basket (skin side first) and air fry for 25 minutes, turning at 15 minutes, or until cooked through.
5. Serve with your favourite dipping sauce and enjoy!

NUTRITION

Calories: 412kcal	Carbohydrates: 1g	Protein: 31g	Fat: 31g
Saturated Fat: 8g	Polyunsaturated Fat: 6g	Monounsaturated Fat: 13g	Trans Fat: 1g
Cholesterol: 185mg	Sodium: 145mg	Potassium: 386mg	Vitamin A: 147IU
Calcium: 15mg	Iron: 1mg		



KEYWORD

air fryer 2 ingredient fried chicken

Tried this recipe?

Let us know how it was!